

**INSTRUCTIONS**  
FOR THE  
**HANOVIA**  
**ALPINE SUN LAMP**

**For the Home**

**PRESCRIPTION MODEL S-309**  
Alternating Current

**HANOVIA**  
CHEMICAL and MFG. CO.  
NEWARK, N. J. - U. S. A.

# The Home Model ALPINE SUN LAMP

Fully Protected by Patents Issued and Pending

MODEL S-309 — Alternating Current 115 volts 60 cycle

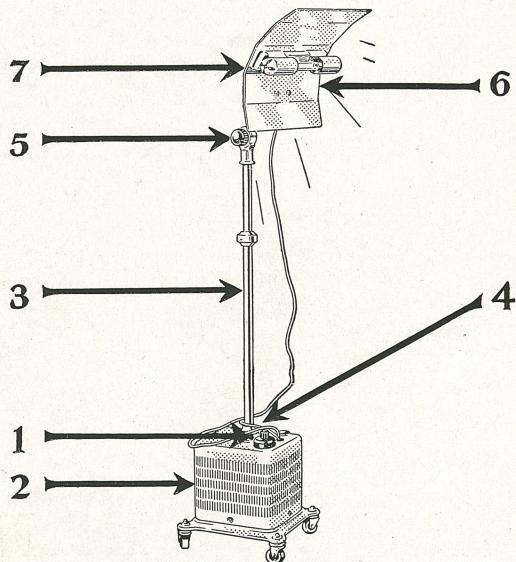
ELECTRIC POWER — 250 watts primary input

## DELIVERY

You will receive the following items when purchasing a Home Model Alpine Sun Lamp:

**Package No. 1:** The Telescopic Upright

**Package No. 2:** The Lamp Base with Integral Control Unit  
The Reflector with quartz burner mounted therein  
Two pairs of goggles  
Instruction Booklet  
Burner Guarantee Certificate  
Bottle of Alpine Cleansing Fluid



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ALWAYS WEAR YOUR GOOGLES

## INSTALLATION

Unpack the lamp parts and check carefully against the above parts list. Tighten the black thumb nuts found on the back of the aluminum reflector before removing the wadding which protects the burner.

## TO ASSEMBLE THE LAMP

With a screwdriver, loosen the set screw (No. 1) located in the receptacle on the top of the control unit (No. 2). Insert the telescopic upright (No. 3) into the receptacle (No. 4). Tighten the set screw. Unscrew completely and remove the handscrew (No. 5) located at the top of the upright. Fit the eyelet located in the handle on the Reflector (No. 6) to the eyelet formed at the top of the upright by the removal of the handscrew. Insert the handscrew through the two eyelets and tighten. **The reflector (No. 6) may be supported in any position between the horizontal and vertical position, as desired.** Connect the short electric cord to the electrical contact located at the back of the reflector. Attach the long electric cord to a house electric receptacle.

While your lamp consumes the same electric power as a 250 watt incandescent bulb, the starting current may require for a few seconds that a 20 ampere fuse be employed on the house electrical circuit. Check the fuses in your fuse box.

## BURNER (No. 7) AND REFLECTOR CLEANING INSTRUCTIONS

A dirty reflector will result in much lower efficiency for your lamp. This will result in a lengthened time for your ultraviolet bath and a more rapid depreciation of the equipment. Keep the reflector clean. Dust frequently and occasionally use any well known brand of grit-free metal polish obtainable at grocery, hardware and department stores. Do not oil the reflector. After cleaning, remove all excess polish by rubbing with a clean cloth.

Do NOT polish the quartz glass of the burner (light tube). Clean the burner with the Alpine Cleansing Fluid provided. Gently wash the glass with the liquid and wipe dry with a clean soft cloth. **Do not rub.**

It is recommended that the burner be washed with Alpine Cleansing Fluid about once monthly. Additional supplies of the fluid can be obtained from Hanovia. Do not risk damage to your lamp by using substitutes.

At other times always dust your burner lightly with a clean soft cloth each time just before lighting. Do not finger the burner.

## STARTING YOUR LAMP

Everyone within range of the lamp **must wear goggles to protect their eyes** from a sunburning of the eye muscles, the conjunctiva. A sunburn on this part, even if slight, is very uncomfortable. Two pairs of goggles are supplied with each lamp. Additional goggles may be procured from Hanovia. The glasses used in these goggles will protect your eyes completely from all ultraviolet rays and will also lessen the glare from the visible light rays.

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Snap the switch located on the top of the control unit to the position marked "ON." Observe the bluish glow which fills the quartz glass light tube. The lamp has started. If you fail to find this glow, repeat the snap of the switch to "OFF" and again to "ON." Usually the burner will light on the first snap of the switch, but if the lamp is exceptionally cold, or if the surrounding air is unusually dry, more than one snap of the switch may be required to establish the electrical circuit through the burner.

After the lamp has started, a few minutes must elapse before the correct intensity for the ultraviolet bath has been attained.

To extinguish the lamp, snap the switch to the "OFF" position. Do not extinguish the lamp by the expedient of detaching the electric cord from the supply receptacle.

Always permit the lamp to burn for at least 5 minutes before extinguishing. Failure to observe this rule may result in permanent injury to the lamp.

Do not try to relight your lamp immediately after it has been extinguished. It will be necessary for you to wait about 5 minutes for the burner to cool to a temperature at which the discharge can be reestablished. If more than one ultraviolet bath is to be taken at any one time, it is preferable that the lamp be continued in the lighted condition rather than that it be extinguished between baths.

#### BURNER GUARANTEE CERTIFICATE

After the lighting test has been made and the lamp has been found to function as described, fill in the postcard portion of the Burner Guarantee Certificate, and mail it. No postage is required. (Be sure that you include your name and address on the card.)

#### SUGGESTIONS FOR YOUR ULTRAVIOLET BATH

If you are ill, we recommend that you consult your physician and be guided by his advice.

Ultraviolet rays cannot penetrate through clothing. It is necessary that the bather be partially or completely unclothed when taking an ultraviolet bath. **ALWAYS WEAR GOGGLES WHEN IN THE VICINITY OF A LIGHTED LAMP**, even if you yourself are not taking the bath.

The ultraviolet bath may be taken in a standing, sitting or prone position. For the standing or sitting bath, the reflector of the lamp should be adjusted to a vertical position and to the correct height by manipulation of the telescopic upright. The bather should stand, exercise, or sit at a distance of about 30 inches from the reflector. Goggles must be worn even if the back be turned to the lamp as the ultraviolet rays may be reflected back from the walls and furnishings.

The most comfortable posture for the ultraviolet bath is the prone or inclined position. For this method of bathing, the lamp reflector should be positioned in a nearly horizontal plane, such that the rays are projected upon the bather. The distance of 30 inches, referred to above, should be maintained.

The two important factors which must be considered in the ultraviolet bath are the distance between the lamp and the bather and the time for which any one surface of the bather is exposed to

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the rays. One of the visible effects of an ultraviolet bath is the production of an erythema (sunburn). An ultraviolet erythema first becomes noticeable a few hours after the exposure. The degree of erythema can extend from one of very faint reddening to a state of blister formation. The degree of erythema produced depends on the distance between the lamp and the bather during the exposure, the length of time of the exposure, and the sensitivity of the individual. Just as a person taking a hot water bath will avoid scalding by having the water not too hot, so must the ultraviolet bather adjust his conditions of time and distance in such a manner that after the bath only a moderate reddening of the skin, attendant with no discomfort, and followed by a gradual tanning results. For the average individual a first exposure should be made at 30 inches and for not longer than 4 minutes on any one body surface.

Subsequent baths may be lengthened if experience indicates that greater exposure is permissible. Do not expect to look like a life guard after only a few exposures. They obtain their tan gradually.

Always use a clock or a special timing device for measuring exposure. A Hanovia bell ringing adjustable interval Timer will be found very convenient. The ultraviolet bath in the inclined position may be very soothing. Guard against falling asleep during the lamp exposure. It is advisable to have another person present during the bath, or if one must be alone, to employ the Hanovia Timer, or better still a Hanovia Electric Timer which will extinguish the lamp when the set time has arrived.

For persons who do not tan well, Hanovia offers a specially prepared cream which can be spread thinly on the exposed surfaces before the bath. Use of this cream results in the formation of a "silkier" tan.

The frequency of ultraviolet baths depends greatly on the individual. The average custom is to take the bath two to three times weekly. Some persons take them almost daily and have continued to do so for a great many years.

## SERVICE

Hanovia maintains factory representatives and dealers in all parts of the United States and Canada. They are always ready to serve you. You are also privileged to correspond directly with the Laboratories and Factory.

If your burner should at any time fail to light, and you cannot remedy the condition, we would suggest that you detach the burner from the reflector and forward it to us by parcel post insured for our inspection. The burner may be detached simply as follows:

Remove the electric cord from the attachment on the reflector. Hold the burner with one hand while you remove the two thumb nuts located on the back of the reflector. When these are removed, pull the burner directly away from the reflector. You will then have the entire burner assembly in your hand. Do not attempt to take it apart further. Pack carefully. Insure it for \$50, and remember to keep the receipt.

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